

Courtesy of Hawaii State Department of Education  
This artist rendering shows what the new Solomon Elementary School campus will look like.



HAWAII  
**ARMY** WEEKLY  
SERVING THE U.S. ARMY COMMUNITY IN HAWAII

VOL. 46, NO. 15  
April 21, 2017

<https://www.garrison.hawaii.army.mil>  
[www.facebook.com/usaghawaii/](https://www.facebook.com/usaghawaii/)  
[www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com)

# DoD approves \$70 million grant for Solomon

**KAREN A. IWAMOTO**  
Staff Writer

**SCHOFIELD BARRACKS** — The Department of Defense’s Office of Economic Adjustment has approved approximately \$70 million in grant funding to the Hawaii Department of Education for the rebuilding of Solomon Elementary School.

The state DOE will contribute approximately 20 percent in matching funds for a projected total of approximately \$90 million.

The new Solomon Elementary School campus, to be built on land adjacent to the existing campus, will include one two-story building for administrative offices, student support offices and a library; another two-story building for 63 general education classrooms; a cafeteria; a covered play court; and parking for 160 vehicles.

“We’re beyond elated for this opportunity,” said Solomon Elementary’s principal, Sally Omalza said. “We’ll be able to consolidate our efforts. Right now, we’re kind of piecemealed out. With the new school, all of the administration will be in one location. Having this new, modern

design will also help our teachers as they move into the future, teach for the future.”

She added that the school had been making progress to modernize its curriculum, including making progress to achieving a 1-to-1 ratio of computers to students. The new campus would be a physical manifestation of the school’s shift to the future, she said.

Wendy Nakasone-Kalani, U.S. Army Garrison-Hawaii’s school liaison officer, agreed.

“This is a wonderful opportunity for the Hawaii Department of Education to build a new school with 21st century facilities to enhance the learning experiences of our military children,” she said.

“The new facilities, equipment and furnishings will not only excite and impact student experiences and achievement; I believe that these things will also positively impact the teachers, staff and faculty of Solomon Elementary School,” she added.

Groundbreaking is scheduled for June, and the project is expected to be completed by December 2020. Students will continue to attend classes on the current campus while construction is underway.



Photo by Karen A. Iwamoto, Oahu Publications

**Solomon Elementary School, shown here on April 19, has received a \$70 million grant from the Office of Economic Adjustment for a new campus.**

The grant is the result of a 2011 decision by the U.S. Congress to distribute \$250 million in grants to construct, renovate, repair or expand elementary and secondary public schools on military installations. The funds were distributed based on an assessment of the schools’ physical conditions and capacities. The results of that assessment, compiled in the 2011 DOD Educational Facilities Re-

view, ranked Solomon Elementary 28th worst among 160 military installation schools nationwide.

Daniel K. Inouye Elementary School, also on Schofield Barracks, was ranked ninth on the Educational Facilities Review. In 2013, it received an approximately \$27 million grant from the Office of Economic Adjustment for renovations and expansions to its campus.

# 599th Trans. Bde. offloads 2IBCT from USNS Benavidez

**DONNA KLAPAKIS**

599th Transportation Brigade Public Affairs

**PEARL HARBOR** — The 599th Transportation Brigade and its partners offloaded 2nd Infantry Brigade Combat Team, 25th Infantry Division, cargo and equipment from the USNS Benavidez, here, from April 4-6.

The 2nd IBCT had been training at Joint Readiness Training Center in Fort Polk, Louisiana, for about three months. Before the deployment, the 599th had earlier processed, staged and uploaded the 2nd IBCT on its way to the training center in December and January.

Traffic management specialist John Manahane headed up the operation for the 599th terminals section.

“Everyone there displayed a great team effort to its maximum extent,” said Manahane. “It’s important to highlight the joint effort that was ongoing throughout the exercise, from the personnel at Navy’s Fleet Logistic Center (FLC) Pearl Harbor, to the Navy cargo handling battalion, to subordinate battalions, to Soldiers and civilians from the 599th and the 25th Infantry Division. This time our deployment and distribution management team (DDMT) was made up of elements from all battalions and led by the 836th battalion commander, Lt. Col. Clydea Prichard Brown.”

“The 836th Transportation Battalion was honored to be mission command for this high-visibility and important move,” said Prichard-Brown. “It was a great op-



Photo by Shannon Haney, FLC-Pearl Harbor

**2nd IBCT, 25th ID cargo awaits offload after landing at Pearl Harbor on board the USNS Benavidez on April 4.**

portunity to employ our Total Force Integration concept and work with different branches of service, civilian, military, and with the Reserves and active duty.

“In addition to 599th headquarters, FLC-Pearl Harbor, and the Navy Cargo Handling Battalion, who are all always outstanding to work with, personnel from the 18th Transportation Detachment’s Movement Control Team, who assisted with cargo documentation, were a big factor in our success during this move,”

she added. “They are able to scan equipment on the ship and in staging areas, which greatly speeded up the process.”

“The move went very well,” Manahane said. “We achieved our objective in completing the operation in 48 hours. Although we encountered the usual challenges with ships’ operations, deadlined equipment and shortages of specialized drivers, when we relayed the problems to the services’ port support activities (PSAs), they increased the number of

drivers and mechanics.

“The mechanics and PSAs were outstanding on deck,” Manahane added. “They would identify equipment that needed attention and got it fixed and running.”

As with the JRTC deployment upload in January, 599th again stood up a tactical operations center (TOC) at Pearl Harbor to practice handling offload of cargo as if it were in a field environment.

“We want to be able to set up full operational capability very quickly,” said Larry Stephens, 599th deputy to the commander. “We have to make sure operations in the future employ those capabilities to support the commanding general’s ‘fight tonight’ vision. We had some employment gaps in the beginning, but were able to catch up.”

Clayton Maciorowski, information technology specialist, worked day shift at the TOC for the 599th information management section.

“From an IT perspective, this was similar to the JRTC upload,” Maciorowski said. “We had 24-hour coverage at both the TOC and at FLC. For communications, we used both our 599th Brigade Standard Communications Package and Standard Communications Package One from Surface Deployment and Distribution Command, which has a larger satellite dish.”

The move began at 1 p.m. on April 4, and the last piece of cargo was discharged at 3:05 p.m. on April 6.

# Reservists put skills to test at WFX hosted by 25th Inf. Div.

**SGT. 1ST CLASS**

**CHANELCHERIE K. DEMELLO**

303rd Maneuver Enhancement Brigade  
9th Mission Support Command

**FORT SHAFTER FLATS** — U.S. Army Reserve Soldiers of the 303rd Maneuver Enhancement Brigade, 9th Mission Support Command, put their skills to the test during a warfighter exercise (WFX) at Mission Training Complex (MTC), Schofield Barracks, April 3-12.

This was the first time the 303rd MEB participated in a WFX since its activation just four years ago. As the only MEB in the Pacific region, the WFX enhances training to provide for proficiency in the brigade’s full mission capabilities on protection and freedom of maneuver within a battle area of operation.

Hosted by the 25th Infantry Division

(25th ID), the WFX provided invaluable practice for Soldiers of the 303rd MEB, as well as an opportunity to work shoulder-to-shoulder with 25th ID Soldiers.

“The unit (303rd MEB) was able to participate in a high-level readiness exercise with an extremely well known military unit with a rich history of conflict and victory,” said Lt. Col. Gordon J. Knowles, senior plans officer and officer in charge, 303rd MEB, 9th MSC.

Though the exercise presented a fictional, computer-based theater of operation, the scenarios supported realistic, complex situations on a modern, simulated battlefield.

“This exercise allows the unit to see how other brigades, division and corps elements conduct mission command,” said Capt. Thomas Hacker, plans officer,

303rd MEB, 9th MSC. “It allows our unit to add to our standard operating procedures and tactic techniques procedures that will be invaluable in future exercises.”

Knowles said it was key as a leader to have confidence in each Soldier, as well as to work as a team to develop practical solutions that neutralized the simulated threats.

“This exercise helped me realize how great the Soldiers of the 303rd MEB are,” said Hacker. “I fill privileged to serve with professionals that are able to adapt and accomplish the mission despite the high tempo that a division and or corps warfighter demands.”

Participation in additional command post exercises (CPXs) helps keep a unit and its Soldiers flexing the right muscles.

“Having Soldiers with previous

experience in command post exercises, such as Balikatan, Cobra Gold, Yama Sakura, Garuda Shield, Ulchi-Freedom Guardian and Keris Strike, was critical to success at this warfighter exercise,” stated Knowles.

Two prior CPXs, referred to as “Imua Dawn,” played a significant role in preparing the 303rd MEB warfighters in executing operational management and decision making at a brigade staff level for this exercise.

“Having a team of highly motivated Army Reserve Soldiers with previous experience helped the 25th ID understand how the 303rd MEB would greatly assist a division level unit to maintain a high level of sustainment, reconstitution, and engagement with the enemy,” said Knowles.





The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

**Commander, U.S. Army Garrison-Hawaii**  
Col. Stephen E. Dawson  
**Garrison Command Sergeant Major**  
CSM Lisa C. Piette-Edwards  
**Director, Public Affairs**  
Dennis C. Drake  
656-3154

**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
editor@hawaiiarmyweekly.com

**Pau Hana Editor**  
Jack Wiers 656-3157  
community@hawaiiarmyweekly.com

**Staff Writer and Photo Editor**  
Karen Iwamoto 656-3150  
reporter@hawaiiarmyweekly.com

**Layout**  
Kristen Wong  
layout@hawaiiarmyweekly.com

**Advertising:** 529-4700  
**Classifieds:** 521-9111  
**Address:**  
Public Affairs Office  
745 Wright Ave., WAAF Building 107, 2nd Floor  
Schofield Barracks, HI 96857-5000

**Website:**  
www.hawaiiarmyweekly.com

**Nondelivery or distribution**  
656-3155 or 656-3488y

Contributing Commands

**U.S. Army-Pacific**  
Russell Dodson, 438-2662

**25th Infantry Division**  
LTC Robert Phillips  
655-6343

**2nd Brigade Combat Team**  
MAJ Karen Roxberry  
655-0738

**3rd Brigade Combat Team**  
CPT Ramee L. Opperude  
655-9526

**25th Combat Aviation Brigade**  
CPT Heba Bullock  
656-6663

**8th Theater Sustainment Command**  
MAJ Lindsey Elder  
438-0944

**311th Signal Command (Theater)**  
CPT Liana Kim, 787-4095

**94th Army Air & Missile Defense Command**  
SFC Claudio Tejada Valerio  
448-1556

**9th Mission Support Command**  
CPT Liana Kim  
438-1600 ext. 3114

**18th Medical Command (Deployment Support)**  
SFC John D. Brown, 437-4737

**Tripler Army Medical Center**  
James Guziro, 433-2809

**U.S. Army Corps of Engineers-Honolulu District**  
Dino Buchanan, 835-4003

**500th Military Intelligence Brigade**  
Sgt. Shameeka R. Stanley  
787-6824

**599th Transportation Brigade**  
Donna Klapakis, 656-6420

**USAG-Pohakuloa**  
Eric Hamilton, 808-969-2402



Photo by Duy Ta, ACE-IT

**FORT SHAFTER — (Then) Col. Peter B. Andrysiak, commander, U.S. Army Corps of Engineers-Pacific Ocean Division, is pinned with his first star at a promotion ceremony, April 13, by Lt. Gen. Todd T. Semonite, USACE commander and 54rd Chief of Engineers, and his wife, Casey, on Palm Circle, Fort Shafter.**

**The Army Corps’ newest brigadier general is responsible for executing the USACE mission throughout the Asia-Pacific region.**

# Promotion reflects excellence, strength

**TERRI KOJIMA**  
U.S. Army Corps of Engineers  
Pacific Ocean Division

**FORT SHAFTER —** A promotion ceremony was held April 13 in honor of then-Col. Peter B. Andrysiak Jr., commander, U.S. Army Corps of Engineers-Pacific Ocean Division on Palm Circle, here, marking his transition to brigadier general.

Lt. Gen. Todd T. Semonite, commander, USACE and 54th Chief of Engineers, presided over the ceremony.

Andrysiak’s wife, Casey, and children joined Semonite in pinning the one-star insignia on his uniform amidst applause from family, friends and colleagues.

Besides his two children and wife, Andrysiak’s father, retired Maj. Peter Andrysiak, and sister, Deborah, were among the honored guests at the special event.

Semonite acknowledged the significance of the promotion to brigadier general and what it represents to the Army.

“In 2016, more than 1,600 colonels were considered for promotion to brigadier general and approximately 2 percent – who are the best of the best – were selected ... including Pete, who was among the best and brightest,” said Semonite. “Pete is committed to excellence in everything he does and inspire others to also seek excellence in everything they do. People would follow him anywhere ... and they do!”

He considers his parents, who immigrated to the United States seeking the American dream, to be among his greatest role models.

“My parents taught me the enduring lesson that nothing in life is free, and hard work and discipline were always on the path to success,” said Andrysiak. “They would push me outside of my comfort zone and encouraged me to aim toward something I or others did not think was possible.”

Andrysiak concluded his remarks by acknowledging that his ability to realize his potential is made possible by his wife and children.

“Without them I would not be ready, and, in fact, I would be mediocre,” said Andrysiak. In honor of military children, he said, “There is no doubt in my mind that the proper care of our military children sustains our fighting force, and strengthens the health, security and safety of our nation’s families and communities.”

Andrysiak then turned to his wife and said, “Thanks so much for the miracles you perform every day. I am eternally grateful and hope in some way I may be able to make part of this up to you.”

The USACE newest brigadier general took command of POD, the Army Corps’ division serving the Asia-Pacific region. The division employs about 1,600 military, Department of the Army, host-nation civilian engineers, technicians and other professionals in the annual execution of a \$3.2 billion program.

The mission includes engineering design, construction and real estate management for the Army in Hawaii, the Army and Air Force in Alaska, and for all Department of Defense agencies in Japan, the Republic of Korea, and Kwajalein Atoll, Republic of the Marshall Islands.

# TRADOC aims to consolidate training

**MIKE CASEY**  
Combined Arms Center-Training

**FORT LEAVENWORTH, Kansas —** An effort to streamline planning and conducting Army training recently received an important boost.

In March, the Army awarded Program of Record status to the TRADOC Capability Manager-Army Training Information System (TCM ATIS), which is working to consolidate multiple training information management systems.

The Milestone A decision came from Steffanie B. Easter, the acting assistant secretary of the Army for acquisition, logistics and technology.

“We’re pleased that the Army recognized the significance for our work to make it easier to plan, prepare, execute and assess training,” said David Bolt, chief of TCM ATIS’ systems development office, Fort Eustis, Virginia.

Over the years, Army organizations have developed more than 35 information systems to perform functions such as scheduling training, developing training content, tracking unit training records, and accounting for training aids, devices, simulators and simulations (TADSS). The multiple systems create problems.

“NCOs and officers waste time entering training data into separate systems,” Bolt said. “Sometimes they are even re-entering the same data into multiple systems. Using one system will save Soldiers time and reduce the costs of maintaining multiple systems.”

Now the Army plans to consolidate the systems into one, easy-to-use system that will increase efficiency and deliver training content to Soldiers when and where they need it.

The push to combine the systems gained momentum with TCM ATIS’ designation as a Program of Record, which makes ATIS part of the Army budget. It also gives the organization additional authority to ensure the consolidated system meets Army enterprise requirements.

Bolt said the consolidated system will have five capabilities:

- 1- Training management.
- 2- Enterprise training scheduling from courses to ranges to classrooms.



Photo by U.S. Army

**This graphic shows the highest level Operation View (OV-1) concept graphic for the Army Training Information System.**

3- Training development for materials such as tasks, collective tasks and lesson plans.

4- Army learning and content management to include many training and educational resources.

5- Training resource management to track training enablers such as TADSS.

Bolt said the new system will benefit operational, institutional and self-development training.

“Unit leaders will spend less time scheduling resources to support training,” he said. “Educators at the schoolhouses will have better capabilities to maintain and share training and educational content. Soldiers in charge of TADSS will improve their inventory control.”

TCM ATIS is providing requirements to the Program Executive Office for Enterprise Information Systems (PEO EIS), Fort Belvoir, Virginia, which will let contracts to companies that will develop the enterprise solution.

Col. Darby McNulty, the Integrated Personnel and Pay System-Army (IPPS-A) Program Manager under PEO EIS, said he is looking forward to the project’s success.

“As the new system is fielded, the Army will reduce the overall costs by retiring duplicative, stove-piped systems,” he said.



## 2017 AER update

**KAREN A. IWAMOTO**  
Staff Writer

**SCHOFIELD BARRACKS —** The Army Emergency Relief Program at Schofield Barracks has raised approximately \$103,855 as of April 17, according to staff at the Army Community Service’s Financial Readiness Program.

The 2017 AER campaign wraps up on May 15.

As of April 17, 2016, it had collected approximately \$178,701 in funds and finished the 2016 campaign with a total collection of \$355,000. With that money, AER was able to help 1,419 Schofield Barracks Soldiers and their families with more than \$2.4 million in loans and grants.

AER is the Soldier’s emergency fund. It supports Soldiers facing financial hardships and relies on donations from Soldiers and their families to provide grants, no-interest loans and a combination of grants and loans to those in the force who need it the most.

## Voices of Ohana

**Because April 22 is Earth Day, we wondered, “What are some ways you and your family go green?”**  
By 8th Theater Sustainment Command Public Affairs



“My wife and I make an effort to reuse plastic containers of all kinds to reduce waste.”

**Sgt. Thomas Aguilar**  
Protocol NCO  
8th TSC



“We try to use as little electricity as possible. We also try to reuse plastic bottles and recycle our plastic, aluminum and paper.”

**Warrant Officer 1 Jarred Campbell**  
Network management technician  
8th TSC



“I’ve started a compost bin to reduce the amount of organic waste that goes in the trash as well as benefitting my garden.”

**Capt. Adam Cartier**  
Staff officer  
130th Eng. Bde.



“I use a meter to measure and eliminate vampire draws around my house.”

**Maj. Scott Katalenich**  
Brigade S-3  
130th Eng. Bde.



“We recycle all of our cans and bottles. As a family of six, that can add up. We also use natural cleaner brands.”

**Capt. Fred Teeter**  
Plans officer  
8th TSC



# 8th TSC officer wins Federal Engineer of Year

**8TH THEATER SUSTAINMENT COMMAND**  
Public Affairs

FORT SHAFTER — Given the fast pace of an Army life, many find it daunting to balance academics with their daily workload.

Stillwater, Oklahoma, native Maj. Andrew “Drew” Johannes excels in both realms.

Recently recognized as a recipient of the Federal Engineer of the Year Award (FEYA), an annual award honoring the top engineers employed by federal agencies across the country, Johannes constantly finds new ways to distinguish himself as an engineer.

Johannes currently serves as the battalion executive officer of the 84th Engineer Battalion, 130th Eng. Brigade at Schofield Barracks, where he oversees more than 800 Soldiers engaged in projects and exercises across the 9,000-mile Indo-Asia Pacific region.

Among his many other credentials, Johannes has earned a master’s degree in Engineering Management at the Missouri University of Science & Technology and a Ph.D. in Mechanical Engineering with a focus on energy storage from the



Johannes

he enjoys playing nerf gun battles with his daughter and son and another unexpected hobby – bartending.

He inherited many of his character traits from his father.

“He is an engineer, has bad hand writing, and the same smile,” Johannes said.

In fact, a family legacy of service originally inspired him to join the Army and influenced his decision to choose the Engineer Branch.

“My great grandfather served in the Army in World War I as a doctor in Europe. My grandfather served as an engineer and security officer in World War II

Naval Postgraduate School.

Yet, there is more to Johannes than engineering.

An avid Oklahoma State University Cowboys football fan, he married Cassie, an OSU soccer player, which may also explain his loyalty to the school.

In his free time, he enjoys playing nerf gun battles with his daughter and son and another unexpected hobby – bartending.

He inherited many of his character traits from his father.

“He is an engineer, has bad hand writing, and the same smile,” Johannes said.

In fact, a family legacy of service originally inspired him to join the Army and influenced his decision to choose the Engineer Branch.

“My great grandfather served in the Army in World War I as a doctor in Europe. My grandfather served as an engineer and security officer in World War II

and was part of the Manhattan Project,” Johannes explained.

Over the course of his 14-year career, his assignments have already taken him around the world and tested his ingenuity in a multitude of settings. He served as a mechanical engineer researcher for the Engineer Research and Development Center, the Department of Defense’s largest multidisciplinary engineering and research center.

He transitioned from technical engineer to Army engineer planner when he served as the senior engineer for the division-level Special Operations Joint Task Force-Afghanistan in 2015. More recently, he served as the primary engineer staff officer for the 130th Eng. Bde., leading a 26-person construction management and technical engineering team.

“My favorite duty assignment, so far, was being the OPFOR (opposing force) company commander for 1st Battalion, 4th Infantry at the Joint Multinational Readiness Center in Hohenfels, Germany,” Johannes said. “Being OPFOR during free play allowed me and my Soldiers the ability to fight mock battles and engagements without the stress of institutional restraints,” Johannes added. “I gained a

different perspective on how we fight and how to think outside the box.”

Many situations throughout his career have highlighted his ability to think outside the box as a prominent character strength. Among them was his proudest moment in the military to date.

“I converted a 20-foot milvan into a shower connex and sling loaded it to Forward Operating Base Cobra, Afghanistan in 2004. The connex provided 150 Soldiers with showers for over a year.”

Johannes continually uses his engineering skills to improve the organizations he works for and the quality of life for many. In the future, he is looking forward to more opportunities to serve the Department of Defense with his technical engineering skills. This includes pursuing his passion for research by applying to work for the Defense Advanced Research Projects Agency.

Whether overseeing infrastructure development in Afghanistan as a senior engineer or serving as a researcher to study and integrate new science and technologies for the Army, winning the FEYA points to Johannes’ many contributions as a degreed engineer, with his greatest still to come.

# WTU warrior goes from civil war to Army trials

**LEANNE THOMAS**  
Tripler Army Medical Center Public Affairs

FORT BLISS, Texas — Like all the athletes competing in the Army Trials, here, U.S. Army Capt. Rolando Reyes’ road was not an easy one. However, Reyes’ road is a little different because of how it began.

Raised by his grandmother in El Salvador during the country’s violent civil war, Reyes grew up with no electricity, running water or the opportunity to go to school due to the conflict.

When Reyes was 12 years old, his grandmother expressed concerns for his safety.

Reyes said, “During my childhood, we watched many of my uncles forced to fight in the El Salvadoran civil war. We never knew what happened to them.

He continued, “And if you were 12 or 13 years old, you were fighting in the war either with the El Salvador Army or with the rebels.”

Reyes was able to leave El Salvador around the age of 13 and traveled to the U.S. He was later adopted by a family friend residing in Mount Kisco, New York.

**Coming to America**

Reyes found his new life in the U.S. extremely overwhelming, and only speaking Spanish didn’t make it easier. There were no bilingual classes available to him to learn English, but an introduction to sports at age 14 gave Reyes something to help get his mind off things and get away.

“As a kid, I had to grow up really fast, and I found sports as a way out,” said Reyes. “My family gave me so much, to include introducing me to sports. They have been truly a blessing to me.”

**Going into the Army**

Using sports as an escape allowed

See WTB A-7



Photo by Pfc. Genesis Gomez

**Capt. Rolando Reyes (right) “high fives” teammate and mentor Sgt. Ryan McIntosh during training for the sitting volleyball event at the Warrior Care and Transition’s Army Trials at Fort Bliss, Texas, April 3.**



# Young Alaka‘i ends, looks to USARPAC future

**SGT. 1ST CLASS MARK BOYER**  
8th Theater Sustainment Command  
Public Affairs

FORT SHAFTER — As the third iteration of the 8th Theater Sustainment Command’s Young Alaka‘i (YA) Leader Development Program comes to a close, the attendees and planners reflect on a great run with the 8th TSC and a bright future, as the mid-career professional development initiative transitions to U.S. Army Pacific sponsorship.

The YA program, created by the 8th TSC in February 2015, provides top-performing company-grade officers, warrant officers and noncommissioned officers a dynamic and engaging forum to increase their geo-political understanding, foster networking and peer-to-peer relationship building and exposure to executive-level mentorship.

“The focus of the Leader Development Program is to prepare agile, adaptive leaders on ‘how to think’ while armed with a deeper understanding and comprehension of the implications of culture,” said Trey Johnson, a program manager for Young Alaka‘i/Regional Leader Development Program-Pacific. “Ultimately, the goal is to enable leaders who can excel in a dynamic, complex, multi-domain operating environment, executing a high degree of mission command to achieve strategic effects.”

Each YA iteration is divided into three distinct leader development phases: Phase one is dedicated to leader academics and teamwork, phase two develops regional and national strategies and expertise, and phase three focuses on regional broadening in the Pacific Theater.

From Feb. 18-March 8, the YALDP conducted Phase III (In-Country Immersion) for a cohort consisting of 22 Soldiers, Sailors, Marines, Coast Guardsman and DOD civilian leaders from across U.S. Pacific Command, along with five mentors for cultural immersion training in three countries within the USPACOM area of responsibility, spanning over three sub-regions with starkly different socioeco-



Courtesy of 8th Theater Sustainment Command

**Young Alaka‘i Leader Development Program participants receive a Humanitarian Mine Action briefing and a mine detection demonstration at the Sri Lanka Navy Museum as part of YA Phase III (In-Country Immersion), Feb. 27.**

nomie factors, exposing significant challenges and issues to the participants.

The cohorts participated in an 18-day in-country immersion phase, driven by a robust set of cultural and strategic engagements across the Diplomacy, Information, Military and Economics (DIME) spectrum (mil-to-mil, gov’t, industry, academia, cultural) in Sri Lanka, Thailand and Japan.

“These three countries were selected very intentionally,” said retired Maj. Gen. George A. Higgins, senior mentor for the YALDP, “to provide a broad mix across the Pacific region, so the young leaders don’t go to just one set of countries that have the same specific characteristics.”

The country selection criteria focused on participants’ exposure to diversity with regard to the respective country’s relationship with the U.S. (fully mature, mature and emerging) and across three sub-regions (Northeast Asia, Southeast Asia, and South Asia) while meeting key leaders from the respective partner nations for firsthand, in-depth discussions and engagements.

This experience enhanced the degree

of regional expertise, professionalism and shared understanding of strategic challenges and issues across service components with regard to USPACOM national and regional end-states.

“We have seen first-hand how our actions and personal relationships with our counterparts (from partner nations) can have strategic effects,” said Capt. John Servidio, battalion S-1 for the 84th Engineer Battalion, 130th Eng. Brigade. “Each culture within the countries we visited varied, and the more ‘we can wear their shoes,’ the more effectively we can build a concrete relationship and secure our joint interests. Strategic thinking is an art that is built up and practiced over time.”

“The knowledge gained and engagements we learned from – in all three countries – are the major takeaways. It is definitely a great experience to learn directly from policymakers and international leaders,” said 1st Sgt. Mark Millare, first sergeant for 95th Eng. Co., 84th Eng. Bn.

The YA program strives to provide its attendees with enhanced professionalism and regional expertise, and to ensure the readiness of service component staffs’

and units’ understanding, planning and execution efforts in support of USPACOM country, regional and theater end states.

“Growing leaders at all levels is essential to build future readiness. It must be a formalized, focused program that can be conducted at any level,” explained Ed Schober, exercise planner for 8th Army. “The primary resource required is focused time, by the senior leaders of the unit, to teach, coach and mentor junior leaders early and often.”

“We’re not going to immediately turn these youngsters in to strategic leaders,” Higgins added. “We are going to start to lay a foundation of learning how to think, rather than what to think.”

Because of its overwhelming success and the growth of the program, operational oversight of Young Alaka‘i will elevate to the control of USARPAC for future iterations.

The program’s new title will be the Regional Leader Development Program-Pacific.

The newly formed RLDP-P is a joint, multinational activity, sponsored by USARPAC, currently in pilot phase, targeting participation by talented, mid-career military professionals (company grade officers, NCOs (E6 (p)-E8), WO, and DOD civilians), assigned to USPACOM, as nominated by parent commands in accordance with established selection criteria.

This is a regionally focused broadening opportunity intended to develop agile, adaptive leaders that can work effectively in a dynamic, strategic operating environment, as well as an investment in preparation of the next generation of leadership.

Given its significant success under 8th TSC since 2015, Gen. Robert B. Brown, commanding general of USARPAC, intends to establish the RLDP-P as an enduring program with progressively increased enrollment.

USARPAC is currently preparing to accept applications from all services for the next three phase iteration tentatively scheduled, Aug. 21-Oct. 8, 2017.



Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com.

**21 / Friday**  
**Purple Up!** — Wear purple and support the Month of the Military Child on Friday, April 21st. Honor Hawaii’s young heroes!

**Reunion** — The Second (Indianhead) Division Association is searching for anyone who served in the Army’s 2nd Infantry Division at any time. This year, the association will commemorate the 100th anniversary of the division, which was formed in France during World War I.

It will host a reunion in Arlington, Virginia, from Sept. 13-17.

For more information, please contact secretary-treasurer Bob Haynes at 2idahq@comcast.net. Call (224) 225-1202 or visit www.2ida.org.

**National Financial Literacy Month** — The more years you have to save, the more effective it is. So, the earlier you begin contributing to the Thrift Savings Plan, and the longer you are able to leave the money in your account, the greater the opportunity you have to enjoy the benefits of compounding.

For example, if you chose a penny doubled every day for 31 days, you would end up with \$10,737,418.24! This is an example, albeit an extreme one, of the power of compounding.

Check out the calculator “How Much Will My Savings Grow?” on the TSP at www.tsp.gov to see how compounding can work for you.

**22 / Saturday**  
**National Park Week** — Get free admission to all 417 national parks and cultural sites in the U.S., this weekend. The National Park Service celebrated its 100th birthday, last fall. The parks will have a full complement of staff and programs this

weekend.

Included are national park sites in Hawaii. The Hawaii Volcanoes (island of Hawaii) and Haleakala National Park (Maui) will provide free admission to visitors, April 22-23.

For more details on parks and events by location, visit NPS.gov.

Advocates for the parks are pressing Congress to pass a bill to start working down a massive maintenance backlog.

**24 / Monday**  
**Holocaust** — The 130th Engineer Brigade, 8th Theater Sustainment Command invites everyone to attend the Holocaust Days of Remembrance observance, Monday, April 24, from 1-2 p.m., at Sgt. Smith Theater, Schofield Barracks. The guest speaker is Rabbi Daniel Vargas, and the theme is “The Strength of the Human Spirit.” RSVP to SFC Tony Scott at 655-4545 or on global email.

**27 / Thursday**  
**JROTC** — U.S. Army-Pacific will host the Ha-

waii State Governor’s 35th Annual JROTC Review and Awards Ceremony on the Palm Circle parade field, Fort Shafter, Thursday, April 27, at 10 a.m.

Approximately 400 cadets from 26 schools across the state will participate, and the JROTC Hawaii Multiple Schools Unit will officiate.

JROTC cadets will display their competence in military drill and ceremony.

This event is free and open to the public. For more details, call Liana Kim at 787-4095.

**28 / Friday**  
**Volunteer Recognition** — The 2017 U.S. Army Hawaii Volunteer Recognition Ceremony is scheduled to be held April 28.

Don’t miss the chance to nominate your organization’s volunteers to be recognized.

More details and forms can be found by visiting https://hawaii.armymwr.com/pacific/hawaii/programs/army-volunteer-corps.



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

*(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)*

**21 / Friday**  
**Tripler Power Outage** — There will be a power outage at Bldg. 300, Tripler Army Medical Center, from 8:30 a.m., Friday, April 21, to 9 a.m., Monday, April 24. The TAMC Personnel Fitness Center will be closed during this period while a new transformer is being installed.

Note, the project is sub-

ject to change pending weather delays. Alternate PFC sites follow:

- Fort Shafter PFC  
Monday-Friday: 5 a.m.-8:30 p.m.  
Saturday: 7 a.m.-3 p.m.  
Sunday: 9 a.m.-4 p.m.
- Aliamanu Military Reservation PFC  
Monday-Friday: 5:45 a.m.-9 p.m.  
Saturday: Closed  
Sunday: Closed

**22 / Saturday**  
**Lyman Gate Closure** — A closure is needed to safely replace Lyman Gate and the Guard Shack Bollard at Schofield Barracks. Lyman Gate (inbound) is off the hinges due to a vehicle striking the gate, and the gate is unable to be secured safely. In order to make repairs, the gate will be closed April 22 from 7:30-11:30 a.m.



# CWO uses leadership learned from athletics

**STAFF SGT. MICHAEL BEHLIN**  
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — “I wouldn’t necessarily call it advice, but my high school basketball coach, Joe Cortez, taught me a strong work ethic. He always said, ‘If you work hard and put forth your best effort, you can accomplish anything. You can’t control the talents you were given, but you can control how hard you work.’”

These are the words Chief Warrant Officer 5 Daniel Villarreal, the command chief warrant officer of the 8th Theater Sustainment Command, applies daily in his Army career and towards his family.

Villarreal, an accomplished basketball player, uses the lessons learned throughout his youth, to drive himself to be a better Soldier and father. Taught to never give up and to always give your best, he seeks to create a life that he can be proud of for himself and his family. Even though things were not always perfect, he takes pride in knowing that he did his best to provide better opportunities for his children.

Born and raised in San Antonio, Villarreal grew up surrounded by friends, family and a rich Hispanic culture. He said that one of his greatest fortunes was being able to be stationed there for a period in his career.

“It’s one of the greatest cities in the world,” Villarreal said. “I was fortunate enough to be stationed there and really enjoyed my time with family and old friends. It has a rich Hispanic culture with friendly people and, most importantly, excellent Mexican food.”

While Villarreal thoroughly enjoyed his time spent in his hometown, he considers his time at Fort Bragg, North Carolina, to be his favorite and most fulfilling duty assignment. As a member of the 530th Supply and Services Battalion – his first assignment as a warrant officer – Villarreal deployed for the first time as a result of the events that changed the world on Sept. 11, 2001. That deployment experience and the challenges that came with it, provided one of his proudest moments while serving in the military.

“During that deployment, our team accomplished so much with very limited resources,” he said. “The sense of pride I gained from our team’s achievement of providing outstanding support to multinational forces within Afghanistan and the entire coalition was immeasurable ... a great experience I continuously look back on in awe.”

An avid basketball player, Villarreal grew up believing he would be a professional basketball player. He mentioned the way professional athletes were revered as a major attraction throughout his childhood. He credits the sport as a major contributor to his desire to learn more about becoming a leader.

“Sports taught me early on how important teamwork is to being successful as a unit. My first goal everywhere I go is to build the team,” he said. “Include everyone by giving them a meaningful role to fulfill and watch them excel. Nothing brings me more joy than watching a well-oiled machine perform.”

Originally joining the Army in 1988 as cannon crewmember (13B), Villarreal sought to provide a better life for his family. While he later changed his



Photo by Sgt. Jon Heinrich, 8th Theater Sustainment Command  
**Chief Warrant Officer 5 Daniel Villarreal, the outgoing command chief warrant officer for the 8th TSC, speaks to Soldiers of the 8th TSC at his Change of Responsibility ceremony, April 6, at the Hale Ikena on Fort Shafter.**

military occupational specialty, or MOS, to become a stock control and accounting specialist (76P), he also considered becoming a pharmacy specialist, but the timing wasn’t right. Admittedly good with numbers, Villarreal shared that he would have been an accountant, if not for joining the Army.

“I love math,” he said.

With so many varied interests he was passionate about, in the end he chose management for his bachelor’s degree concentration from the University of Maryland University College.

While things may not have always happened the way he wanted them to throughout his career, he admits to not ever thinking about quitting.

“If I start something, I have to finish,” he said. “I knew once I went to see the recruiter and joined the military, I was going to do at least 20 years.”

Fast-forward 29 years, and Chief Warrant Officer 5 Villarreal, having achieved the highest rank a warrant officer can – and one that a select few ever do –continues to enjoy watching those around him grow and succeed within the Army.

“Having a positive influence and being a role model to individuals, I have come in contact with throughout my career is the most gratifying,” said Villarreal. “Seeing them successfully progress through their careers is probably my biggest achievement and what I take the most pride in.”

A self-proclaimed “regular guy,” Villarreal loves spending time with his family. He credits hiking, watching movies and playing board games amongst their favorite activities.

He continues to stay physically and mentally fit through basketball and actively competes in the Latino Basketball Association in matches across the country.



Photo courtesy of 8th Theater Sustainment Command  
**Chief Warrant Officer 5 Villarreal (right) is presented the MVP award for the 45 and older age group of the 19th Annual Latino Hoops Classic in Las Vegas, Nevada.**

Villarreal has helped his Austin, Texas-based team win several championships, and was named the Most Valuable Player in several tournaments.

When he’s not shooting hoops or developing leadership programs for warrant officers across the Army in Hawaii, the father of six is also a huge music fan. He considers Judas Priest and Lady Gaga amongst his favorite artists, and mentioned that he would love to learn to play the guitar or piano one day.

“I marvel at music and have a great admiration for the people who can write and play,” he said.”

While he feels the role of the warrant officer has evolved over the years, Villarreal mentioned that he is aware of the old stereotypes that painted them as elusive and passing on their responsibilities. Though he feels that this no longer exists, he’s quite aware of past generalizations.

“Our warrant officers are proven professionals who are physically fit, intelligent leaders who are now called upon by leaders at all levels to take on more responsibility and are given the most demanding jobs,” he said. “I believe that a majority of our enlisted, as well as company and field grade officers, turn to our technical warrant officers first for guidance and direction.

“The running jokes and stereotypes are a way to poke fun at the most technical professionals in the Army since there is no other way to get under our skin.”

Villarreal transferred his position to Chief Warrant Officer 4 (Promotable) Mark Parr during a Change of Responsibility Ceremony, April 6, and took part in the Celebration of Service, here, April 13, at the Hale Ikena.

## ALOHA-Q



Courtesy photo

**WAHIAWA — The AlohaQ push-notification queuing system, which is designed to reduce wait times for customers by allowing them to get in line online, is now available at the Wahiawa Satellite City Hall.**

O’ahu residents can now book advance appointments for the Wahiawa facility from the convenience of their mobile device or home computer at [www.AlohaQ.org](http://www.AlohaQ.org).

By entering a name, mobile number and transaction type, customers will receive a ticket number for their appointment and text reminder 15 minutes prior to their scheduled service time.

Wahiawa Satellite City Hall customers can also use AlohaQ to schedule a service time at a kiosk and wait at the new seating area that was created along with other

refurbishments to the office. The Wahiawa Satellite City Hall is located at 330 N. Cane Street. Service hours are 8 a.m. to 4 p.m.

In addition to the Wahiawa Satellite City Hall, AlohaQ is available at the Kapalama Driver Licensing Center, Kapalama Satellite City Hall, and Pearlridge Satellite City Hall.

The system was designed by the Department of Information Technology.

The public is encouraged to use online services whenever possible.

Visit [www.honolulu.gov/csd](http://www.honolulu.gov/csd) for motor vehicle registration renewal, State ID application, driver’s license and ID document guide, water bill and property tax payment, and driver’s license road test appointments.





Fourteen leaders and their families are honored during a Celebration of Service retirement ceremony, April 13, at the Hale Ikena on Fort Shafter.

# 8th TSC honors retirees at Shafter’s Hale Ikena

Story and photo by  
**SGT. JON HEINRICH**  
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — With a combined total of more than 348 years of selfless service to our nation and the commands and Soldiers they served with, 14 leaders from the 8th Theater Sustainment Command were recognized for their dedication during a Celebration of Service retirement ceremony, here, at the Hale Ikena, April 13.

“It goes without saying, but I will say it anyway – that our retirees and their families made a tremendous impact on the Army and our country during their combined 348 years of loyal service,” said Col. Dennis H. Levesque, the 8th TSC chief of staff.

“The 8th TSC’s Celebration of Service is a ceremonial expression of appreciation and gratitude for their distinguished service to the U.S. Army and the nation as they prepare to transition into new careers,” Levesque added.

Each of the retirees received either a Legion of Merit

or a Meritorious Service Medal, a U.S. flag, a Presidential Citation, a retired Army Pin and a retiree certificate. Their families received a Certificate of Appreciation, flowers and lei.

“The Soldiers before you have stood the test of time,

always dedicated to the welfare of our Army families, the readiness and morale of our Soldiers, and the safety of our communities,” Levesque said. “They have given again and again, always prioritizing the welfare of their Soldiers and the accomplishment of the mission.”

**8th TSC Retirees**

- Sgt. 1st Class Ray K. Andrade, counter IED instructor, 8th STB
- Master Sgt. James W. Blackmon, operations NCOIC, 8th STB
- Col. Otto F.W. Boneta, command surgeon
- Sgt. 1st Class Marc A. Denniston, current operations NCO
- Sgt. Maj. Daniel W. Harr, operations sergeant major, 130th Eng. Bde.
- 1st Sgt. Harold A. Hensel Jr., first sergeant, HHC, 130th Eng. Bde.
- Staff Sgt. Matthew P. Holliday, operations NCO, 14th Eng. Det., 130th Eng. Bde.

- 1st Sgt. Katrina M. Kyne, first sergeant, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde.
- Master Sgt. Candice R. LeBlanc, contracting operations NCO, 413th Contracting Spt. Bde.
- Master Sgt. Calvin McCrary, senior culinary management NCO
- Command Sgt. Maj. Lauro F. Obeada, command sergeant major, 130th Eng. Bde.
- Lt. Col. Sean Picciano, G4 & material readiness branch chief
- Sgt. 1st Class Anthony A. Rodriguez, S6 NCOIC, 728th MP Bn., 8th MP Bde.
- Chief Warrant Officer 5 Daniel Villarreal, command chief warrant officer

## WTB: Reyes will go to games in June

CONTINUED FROM A-3

Reyes to make the varsity soccer team his freshman year in high school. He continued to play soccer into college, until his junior year, when he joined the U.S. Army.

“The U.S. gave me a second chance at life, so I wanted to serve,” explained Reyes.

With plans to serve in the U.S. Army for three years, Reyes didn’t know the Army would soon evolve into a new era called the “War on Terrorism.”

“I was in the field at basic training when I first heard about the September 11 attacks,” said Reyes. “I will never forget my drill sergeants explaining how things were going to be a lot different.”

Deploying for the first time in the 2003 invasion of Iraq, Reyes told himself if he made it out of Iraq alive, he was going to get out and focus on finishing his undergraduate degree.

With the possibility of being recalled to active duty, Reyes was able to enroll in the Reserve Officer Training Corps, or ROTC, to finish his last year of college. He then commissioned as a transportation officer.

After four combat deployments, and a total of 16 years of active duty service,

Reyes is now assigned to Tripler Army Medical Center’s Warrior Transition Unit, on a journey toward recovery and transition that only wounded warriors and veterans know.

**At Warrior Transition Unit**  
Reyes has sustained four injuries to his ankle, both shoulders, both knees and his lower back. He discovered he suffers from post-traumatic stress, sleep apnea and migraines.

Reyes is the only Soldier competing in the Warrior Care and Transition Army Trials from Hawaii this year. As a new competitor, fully embracing the experience, Reyes is competing in adaptive cy-

cling, shooting, track, field, wheelchair basketball and sitting volleyball.

Recently, during the first medal ceremony of the competition, Reyes was surprised to find that he won bronze in cycling for the upright male 30K-open category.

“Since this is my first time to compete in cycling, I didn’t think I would place, but I am glad I had the courage to try because I found cycling as a way for me to clear my mind,” said Reyes. “There is a lot of stress for the (WTU) Soldiers due to the uncertainties about your future,” he added.

(See the full article at [www.hawaiiarmyweekly.com/2017/04/19/wtu-warrior-goes-from-civil-war-to-army-trials/](http://www.hawaiiarmyweekly.com/2017/04/19/wtu-warrior-goes-from-civil-war-to-army-trials/).)



# WILDERNESS WARRIORS

## Earth Day, Earth Month



OANRP volunteer Kathy Altz clears the invasive firespike weed from a section of Mount Kaala on April 1.

Altz enjoys spending time outdoors and said tackling weeds gives her a sense of purpose.

“It makes you feel good to see progress,” she added.

April 21, 2017

www.hawaiiarmyweekly.com

HAWAII ARMY WEEKLY

PAU HANA

“When work is finished.”

## Volunteers help USAG-HI protect native habitats

Story and photos by  
**KAREN A. IWAMOTO**  
Staff Writer

**W**AIANAЕ MOUNTAIN RANGE — High above Schofield Barracks and the sound of Soldiers training, another team supported by U.S. Army Garrison-Hawaii was focused on a different mission: clearing the mountains of invasive weeds to make room for native plants.

In Hawaii, home to some of the world’s most isolated ecosystems and most threatened species, protecting native plants is key to protecting entire habitats.

“Native plants make up the background matrix, the home in which all of our rare species thrive,” said Jane Beachy, ecosystem restoration program manager for the Oahu Army Natural Resources Program. “When that habitat is changed (when invasive plants invade), then the ecosystem and all of the interactions change in a variety of ways that we don’t fully understand – which is why we do a lot of weed control. Weed control is like triage. Our first priority is to protect the habitat around those rare species.”

USAG-HI, through its contract with the OANRP, safeguards hundreds of acres of land on Oahu and ensures the Army complies with the Endangered Species Act, the Fish & Wildlife Coordinated Act and the Migratory Bird Treaty Act.

To balance the Army’s training requirements with its natural resource responsibilities, OANRP relies on help from volunteers, many who have dedicated over 10 years to the program’s efforts.

“There is a lot to get done and we are extremely thankful for the volunteer support,” said Kimberly Welch, an environmental outreach specialist with OANRP. Welch, and fellow outreach specialist,

Celeste Hanley, led a group of volunteers to Kahanahaiki in the Waianae Mountains on March 30.

U.S. Army Garrison-Hawaii spends more than \$6 million per year helping to protect more than 80 different endangered species on Oahu. OANRP staff and volunteers spend over 5,000 hours a year controlling invasive weeds in native forests. Volunteers focus on more accessible areas of the forest, freeing OANRP staff to focus on conservation projects in more remote areas.

**O**n that particular day, armed with handsaws, pruners and bottles of herbicide, they spent several hours clearing non-native strawberry guava trees that were outcompeting native plants for space.

“I feel really passionate about the outdoors and feel it personally when (native plants) are affected negatively,” said Elaine Mahoney, a longtime volunteer. “And I feel elated when we come back and see koa popping up where the strawberry guava used to be.”

Fellow volunteer Roy Kikuta paused to take in the trees and the surrounding view of the mountains.

“I love forests, and Hawaiian forests are particularly nice,” he said. “Native plants have a gentleness to them that I like. I feel comfortable around them. A lot of the (invasive) plants have thorns and sharp edges and pungent smells. Hawaiian plants are nice. Hawaiian plants are understated. And I just really love being out here.”

Further down the slope, volunteer Jim Keenan was

tackling another stand of strawberry guava trees.

“The Hawaiian culture is here and each native plant has a story,” he said. “There are multiple stories for them, multiple uses for them, multiple gods they represent. It gives meaning to the forest.

“Through hula, through songs, you learn how they’re used or what god they represent, and as you start learning about the plants you wonder, ‘What does that plant look like?’” he continued. “You can look it up, but when you actually go to the forest and see it, that’s a whole different level of experience.”

By clearing the mountains of invasive weeds, the volunteers are clearing the way not only for native plants, but also for native animals such as the kahuli, or Hawaiian tree snail, and the elepaio, a forest bird. Both the kahuli and the elepaio are endangered on Oahu and volunteer actions help to improve their native forest habitat.

Welch and Hanley described the native forests as the foundation for native ecosystems. Because of

Hawaii’s location in the middle of the Pacific Ocean, many species evolved in isolation and thrive in specific environments. They rely on each other for survival.

**O**n April 1, the start of Earth Month, the volunteers returned to the Waianae mountains with Welch and Hanley, this time to clear an invasive weed known as firespike (Odontonema cuspidatum) from Mount Kaala.

Welch described this weed as particularly difficult to tackle because it regrows from cuttings

and spreads easily. Eliminating it will take years, but OANRP’s focus for the day was on containing it and preventing it from spreading further into the native forest.

Kikuta and Keenan were there, as were several other volunteers from the March 30 outing. They were joined by some new faces, including Sean Rivera and Joe Hall.

It was their first trip to Oahu’s highest summit, but Hall foundw himself in familiar territory: near by mamaki, the same native nettle that he had planted throughout his own yard in Kalihi with the hope of making it an attractive environment for the state insect, the Kamehameha butterfly. Mamaki is a host plant to the Kamehameha, one of the few that its caterpillars are found on.

Hall had yet to see a Kamehameha in the wild, but he was careful to avoid harming the mamaki as he weeded. Being near them seemed to give him a sense of what he was working to protect, while the view of the native forest spread out below him offered hope for the future of native plants.

“This is like heaven for me,” he said.

He and the other volunteers continued weeding until it was time to break for lunch. They had finished eating and were readying to leave the site when something caught Rivera’s eye.

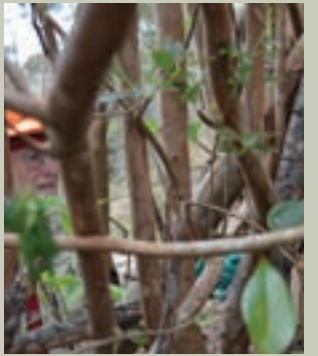
“Come here, look!” A Kamehameha butterfly floated by, grazing the mamaki leaves where Hall had been weeding. It paused briefly, and the volunteers got a closer look before it rose up and darted away.

### Volunteering

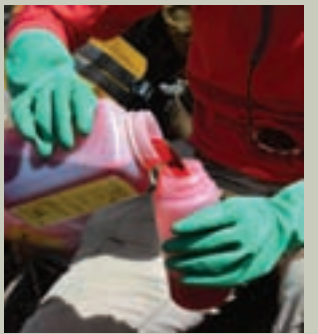
To volunteer with the Oahu Army Natural Resources Program (OANRP), complete a volunteer application at <https://www.oanrp.com/become-a-volunteer/>.



## Holding the line



The invasive firespike weed (top) and strawberry guava tree (above) are two invasive plants OANRP is fighting to control in the Waianae mountains.



One of OANRP’s weed control strategies calls for targeted use of herbicide to control invasives while minimizing risk of exposure to native plants.



Photo by Roy Kikuta, OANRP volunteer

The awapuhikanaloa, or Laparis-hawaiensis (above), is one of three orchids native to Hawaii. It can be found on Mt. Kaala and is an example of what OANRP is fighting to safeguard.

Left, a view from the summit of Mount Kaala on April 1. OANRP staff and volunteers spent the day here clearing areas of the invasive firespike plant.







Briefs

21 / Friday

**BOSS Life Skills** — Register now at SB Tropics for training on CPR/AED at Richardson Pool. Ten slots available. Call Sgt. Wery at 352-223-6370.

**Acing the Interview** — Prepare to answer tough interview questions and practice with a mock interview at SB ACS from 10-11 a.m. Call 655-4227.

**It Takes Two (for Couples)** — Enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m. Learn about expectations, problem solving techniques, forgiveness and the importance of fun & friendship. Call 655-4227.

22 / Saturday

**Adventure Kayaking 101** — Learn to kayak the Anahulu River on the North Shore with SB Outdoor Recreation center from 8:30 a.m.-12:30 p.m. for \$59 per person. Transportation (up to 12 people), equipment and instruction are provided. All you need to bring is water, snacks and sunscreen. Call 655-0143.

**Family Nite** — Learn how to make an eyelash yarn lei and a lei made of ti-leaves with SB Arts & Crafts starting at 4:30 p.m. Preregistration is required. All supplies included. An adult must accompany children 12 and younger. Call 655-4202.

**BOSS Game Night Madness** — Visit SB Tropics for a variety of games beginning at 3 p.m. Call Sgt. Wery at 352-223-6370 for details.

23 / Sunday

**BOSS Volunteer Opportunity** — MWR Pet Kennels assistance starts at 10 a.m. Register at SB Tropics or call Sgt. Wery at 352-223-6370.

24 / Monday

**Level L “Leadership Development”** — Three-day workshop at SB Education Center (Bldg. 560), 9 a.m.-1 p.m. Focuses on coaching, mentoring, meeting planning and more. Call 655-4227.

**Employment Orientation** — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Also learn civilian sector opportunities, contractors,

# Clinic run raises SAAPM profile

U.S. ARMY HEALTH CLINIC-  
SCHOFIELD BARRACKS  
News Release

SCHOFIELD BARRACKS — “Not in our homes. Not in our clinic. Not in our community. Not in our Army,” said Col. Deydre Teyhen, commander of U.S. Health Clinic at Schofield Barracks, as she kicked off the Sexual Assault Awareness and Prevention Month at the inaugural Glow Run.

The run, which was free to the community, was sponsored by USAHC-SB’s SHARP Office with collaboration from the following SHARP teams: U.S. Army Garrison-Hawaii, the 25th Infantry Division’s 2nd Infantry Brigade Combat Team, its 3rd IBC, its 25th Combat Aviation Brigade and its 25th Sustainment Brigade.

The five-kilometer Glow Run, held on Wheeler Army Airfield, started at the newly opened CAB’s Soldier Center Medical Home (SCMH). About 200 runners of all ages showed up, making it a family event filled with pets, wheelchairs, walkers, strollers and baby carriers.

Run/festival

The run hosted multiple programs and community resources, including Veteran Affairs, along with the VA’s mobile Vet Center, with information on how the VA helps Soldiers in need. USAHC-SB had its own SHARP



Photo courtesy of U.S. Army Health Clinic-Schofield Barracks

**The staff of the USAHC-SB and SHARP have zero tolerance for any sexual harassment or sexual assault. It is committed to doing everything possible to ensure that every patient of the health clinic at Schofield Barracks is safe.**

booth, handing out items to foster awareness.

The 25th ID band’s “One Nation,” a top 40 band, was also present, providing great music to excite all runners approaching the starting line.

At the end of the run, runners were met with refreshments. Members of CAB SCMH opened the doors to their new facility with a self-guided tour, including descriptions of the medical purpose for each room.

26 / Wednesday

**Soul Food Day** — Enjoy all your southern favorites at FS Hale Ikena from 11 a.m.-2 p.m. Call 438-1974.

**Play Mornings at ACS** — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

27 / Thursday

**Informal FRG Funds Custodian Training** — SB Nehelani hosts from 10:30 a.m.-12:30 p.m. for FRG leaders, funds custodians and command representatives to gain a clear understanding of the various funds available and the types of purchases that can be made with each fund.

It also clearly defines the roles and responsibilities of the funds custodian and alternate. Call 655-4227.

**Scream Free Parenting** — Four-week program held at SB ACS from noon-1:30 p.m. Training designed for parents of children ages 5-15 to take a look at their parenting practices and identify ways to strengthen their parenting skills and create healthy relationships. Call 655-4227.

About SHARP Awareness

April is Sexual Assault Awareness and Prevention Month, a month to recognize and bring attention to putting an end to, and reporting, sexual harassment and assault.

Incidents of sexual harassment and sexual assault are a major concern for leaders within the Army to ensure all members of the community are treated equally and can feel comfortable in their place of work.

**Basic Investing & TSP** — Learn the basics of the Thrift Savings Plan and other investment options including stocks, bonds and mutual funds at SB ACS from 10-11:30 a.m. Call 655-4227.

**SOS Family Support Night** — SOS Family Support Night — Ongoing meetings held at SB SOS Center from 5-8 p.m. for surviving family members to share their story of their fallen hero and/or to receive peer support from other surviving family members. Call 655-4227.

28 / Friday

**Using LinkedIn** — Build your network by utilizing social media and develop your LinkedIn profile to net a job at SB ACS from 10-11 a.m. Call 655-4227.

**Volunteer Recognition** — ACS invites all volunteers registered in the Volunteer Management Information System (VMIS), who have certified volunteer hours, to SB Nehelani from 12-2 p.m. for the annual volunteer recognition ceremony and reception. Call 655-4227.

**Paint and Sip at Tropics** — Preregister for a painting class at SB Tropics from 7-9 p.m., including a beverage of choice for \$35. Class includes all painting sup-

## community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

21 / Friday

**Exchange** — The Exchange Service will celebrate Purple Up Day, Friday, April 21, by offering a free treat to any child who wears purple to a participating Exchange restaurant.

Purple Up Day is held every year in April in recognition of Month of the Military Child. Any child 18 years of age or younger may participate in the event. Visit <https://www.facebook.com/HawaiiExchange/>.

**Schofield Spartan Race** — Sign up for this event coming Jan. 27, 2018 – here at Schofield Barracks. This event is open to the public; however, we must have a minimum of 2,500 reservations by July 17, 2017, for this event to happen.

Note, the date has been extended because we have so few people who have preregistered. Visit [himwr.com/spartan](http://himwr.com/spartan) for more information. Register for the race at <https://www.spartan.com/en/race/detail/3004/overview>.

22 / Saturday

**Helemano Cleanup** — Want to participate in an Earth Month project? Wear covered shoes and long pants, and bring water and mosquito spray, then go to Helemano Military Reservation’s Child Development Center (or CDC) parking lot for an Earth Day cleanup at 8:30 a.m., Saturday, April 22. Call 656-1308 for more details.

**SB Kolekole Walking-Hiking Trail** — The trail is open, 5:30 a.m.-6:30 p.m., Saturday and Sunday for DOD ID cardholders and their guests. Do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. The trail contains hazards, and use of the hiking trail is at your own risk.

**Kuhio Beach Hula Show** — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

23 / Sunday

**Butterflies!** — Through April 23, at Uptown Center Court at Pearlridge Center, encounter butterflies in the live butterfly conservatory. Explore and observe the stages of the butterfly life cycle through the staff-guided tour. You may even see a butterfly hatch from a chrysalis or have a live butterfly land on your hand.

All butterflies are sourced from farms on Oahu and Maui. Exhibit times are Monday-Saturday from 10 a.m.-8 p.m. and Sunday from 10 a.m.-6 p.m. For more details or to purchase tickets, visit [www.adoptabutterfly.com/](http://www.adoptabutterfly.com/).

29 / Saturday

**Spam Jam** — Each place in the world seems to have its signature food festival, but you have never seen anything like this, a Spam festival, 4-10 p.m., on Kalakaua Ave., Waikiki. Last year, an estimated 25,000 people attended. Visit [Spamjamhawaii.com](http://Spamjamhawaii.com)

**HECO Grow Hawaii Festival** — This 10th annual festival, Saturday, 9 a.m.-3 p.m., April 29, on Bishop Museum’s Great Lawn, is free for kama’aina and military with valid ID. This family-oriented event focuses on conservation, sustainability,

Hawaiian culture and native plants in recognition of Earth Month.

Free parking at Bishop Museum, Kapalama Elementary School and Damien Memorial High School is available. Visit [bishopmuseum.org](http://bishopmuseum.org).

30 / Sunday

**Koa Kai Triathlon** — Scheduled at Hangar 103 aboard Marine Corps Base Hawaii, Kaneohe Bay, at 6:30 a.m. Includes a 500-meter swim, an 11.1-mile bike ride and 5-kilometer run. Individual cost is \$50 for military, \$60 for civilians. Three-person relays cost \$70 for military and \$90 for civilians.

Online registration closes April 25 at 11:59 p.m. Late registration fee of \$10 begins April 22. Call 254-7590 or visit [www.mccshawaii.com/races](http://www.mccshawaii.com/races).

May

5 / Friday

**Cinco de Mayo Cultural Block Party** — Honolulu’s downtown Chinatown celebrates and connects all the dances, music, folklore and cuisine of Latin America and Mexico, 6-10 p.m., along Nuuanu Street. Visit [www.cantinacrawlhawaii.com](http://www.cantinacrawlhawaii.com) for more information.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan  
AFTB: Army Family Team Building  
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
CDC: Child Development Center  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program  
FCC: Family Child Care  
FMWR: Family and Morale, Welfare

and Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
PFC: Physical Fitness Center  
SAC: School Age Center  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield

## This Week at the MOVIES Sgt. Smith Theater



ChiPs (R)

Friday, April 21, 7 p.m.



Power Rangers (PG-13)

Saturday, April 22, 4 p.m.

Logan (R)

Saturday, April 22, 7 p.m.

Beauty and the Beast (PG)

Sunday, April 23, 4 p.m.

Closed Monday through Thursday.



# SB teen named Hawaii Military Youth of Year

**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — Xavier Garrido, an 18-year-old senior at Leilehua High School, has been named the Hawaii Military Youth of the Year by the Boys & Girls Club and will be heading to California in August to compete for the regional title.

Garrido, a member of the Schofield Barracks Youth Center, has participated in the Child, Youth & School Services’ Pacific Teen Panel, the Army Teen Panel and Youth Leadership Forum, as well as in the Boys & Girls Club’s Keystone Conference.

He was also president of the youth center’s chapter of the Keystone Club during the 2016-2017 school year and was its sergeant-at-arms in 2015-2016. He was a teen leader at the 2016 Pacific Teen Panel, which traveled to U.S. Army Garrison-Yongsan in South Korea as part of an effort to beautify a skate park there.

**Volunteer**

“It was surprising in a way,” he said of earning the Hawaii Military Youth of the



Courtesy photo

**Xavier Garrido, center, stands with his parents Virginia and Peter Garrido at the Hawaii Military Youth of the Year Ceremony, recently. He received a \$5,000 scholarship and will be heading to California in August to compete for the regional title.**

Year title. “But in another way, everything I had been doing led up to this. I just wanted to volunteer and help, and it turned into a goal, and it felt like everything fell into place.”

In addition to volunteering at the Youth Center, Garrido has also volunteered for Army Community Service and the Fisher House Foundation.

After graduating from high school, he

plans to attend the University of Hawaii with the goal of becoming a math or foreign language teacher. He is in advanced placement statistics and has won an award for his knowledge of the German language.

Joey Greathouse, assistant facility director at the Schofield Barracks Youth Center, described Garrido as funny and carefree, but serious when it comes to advocating for youth issues. He said he was particularly proud of Garrido’s work on the 2016 Pacific Teen Panel, which earned him a spot on the Army Teen Panel.

“We haven’t had a youth from our garrison be on the Army Teen Panel for quite some time, and so to have him on that panel, and be a voice for Army youth, is an extraordinary accomplishment,” Greathouse said.

“Xavier has done more for the Schofield Barracks Youth Center than I ever could have asked of him,” he added. “From being named Hawaii Military Youth of the Year to being on the Army Teen Panel, he has gone above and beyond.”

# 2IBCT engineers teach, showcase equipment during STEM

Story and photos by  
**2ND LT. KRISTEN ARTEAGA**  
2nd Infantry Brigade Combat Team  
Public Affairs  
25th Infantry Division

MILILANI — When the school bell rings on Friday afternoons, students typically sprint out the door, thrilled to get their weekend started, but for the students of Mililani Middle School, staying a little late on a Friday means an opportunity to learn more about Science, Technology, Engineering and Math.

On April 7, for the second year in a row, members of the 65th Brigade Engineer Battalion, 2nd Infantry Bde. Combat Team, 25th Inf. Division, were invited to showcase their equipment to the community.

**High tech**

This year, the Soldiers of Companies A and B demonstrated the capabilities of the RQ-11 Raven Unmanned Aircraft System and the TALON robot.

“This event is designed to promote interest in afterschool programs such as robotics,” said Jacob Kardash, vice principal and STEM night coordinator. “Our goal is to get the students exposed to these topics, so when they go to high school, they can choose a career path that they’re interested in, and hopefully, by sparking an interest now, they’ll choose more STEM-related paths.”

The 65th Bde. Eng. Bn. was formally



**Sgt. 1st Class Jason Hennig (left) explains the capabilities and purpose of the TALON robot to students and their families while Spc. Jonathan Smith (right) and Staff Sgt. James Gause (middle), all of Company B, 65th Bde. Eng. Bn., 2IBCT, 25th ID, teach the kids how to operate it.**

partnered with both Mililani Middle School, as well Maili Elementary School on the Waianae Coast.

Soldiers volunteer their personal time to assist school officials with services such as mentoring, tutoring and campus beautification.

The Soldiers of Companies A and B personally designed and created the displays and engaged with the students.

“As a part of the community, here in central Oahu, it’s great to have the chance to interact with the students at Mililani Middle School,” said Lt. Col Heather Levy, commander for 65th Bde. Eng. Bn. “As engineers, we owe the community the chance to show young students some of the excitement that influenced our choices on coming into the military.”



**Staff Sgt. James Gause, of Company B, 65th Bde. Eng. Bn., 2IBCT, 25th ID, explains the controls to one of the students as he practices maneuvering the TALON.**

One of the goals for 65th Bde. Eng. Bn. was to show the community and the students a technological side of the military they may not have previously been familiar with.

“It’s great for them to see that the Army is more than many people expect,” said Levy.

“As a high school student, I enjoyed my math and science classes,” she recalled. “Engineering taught me the skills to influence the environment to meet my requirements.”

As a seasoned Army engineer officer, Levy has had the opportunity to put her skills to the test by completing tasks such as calculating the required amount of demolitions or identifying the maximum slope of a runway.

# Springtime offers the reminder you can’t rush military transitions

A few days ago, I made my usual school drop off, then took our 2-year-old lab Moby on his regular morning walk.

While we trudged around the local reservoir, I listened to my latest audio book and focused my eyes on the path, dodging the many goose deposits.

At some point, I managed to lift my head and look out toward the sea. The sight stopped me in my tracks.

While the rest of the hemisphere had been raving for weeks about balmy temps, sprouting buds and baby animals, here in New England, I’ve been straight-jacketed into a ridiculous full-length down coat since last October – the kind I swore I’d never buy because it makes me look like the Stay Puft Marshmallow man.

Moby stood dripping, patiently waiting for me to throw his raggedy tennis ball into the water again, while I paused to take in the scene before me.

It was finally, undoubtedly, splendidly ... spring.

Suddenly, the day seemed fresh and



full of promise. Even Moby’s slimy tennis ball appeared a brighter shade of yellow as I tossed it into the clear, cold water.

**Transition wait**

I continued down the path with a new spring in my step, as I remembered the long winter our family had endured. It had been particularly challenging, because my husband Francis had just retired from the Navy after 28 years and was transitioning into a civilian career.

Based upon the positive responses Francis received from various hiring managers, we thought he’d get a job before his terminal leave was over on Nov. 1st. But come winter, we realized that the transition would take longer than we had expected.

Not wanting to give up on his dream of working in corporate global security, Francis continued to beat the pavement, networking relentlessly and applying for a wide range of positions in his field. In the meantime, we rearranged our finances to adapt to military retirement pay.

**Long winter**

That winter, as I tromped the icy local dog walking paths each morning with Moby, bundled in my down coat, I pushed away fears of long-term unemployment and prayed for good news. The bright civilian future we had imagined appeared dim and foggy.

“You’re overqualified,” Francis heard from two companies. “We need someone with corporate experience,” others said.

All those years of military service, working on missions that made a real difference in the world ... was it all coming down to this?

“Every company wants to help the military, until you ask them to help the

military” one mentor astutely pointed out.

Finally, after many months of networking, phone calls, meetings and interviews, Francis landed the corporate job he was looking for all along, but it is located out of state and requires us to live apart while our daughter Lilly finishes high school. As a military family accustomed to the “geobachelor” lifestyle, we’ve simply adapted to this new routine.

It hasn’t been easy, but we realize that our transition is not complete. We are still cultivating our future. Just like spring in New England, the transition from military to civilian life cannot be rushed.

Even if we can’t yet see them, the buds of our new life are there, growing invisibly under the surface, like a spring morning, and the seeds we are sowing will bloom brightly in due time.

*(You can find more of Molinari’s insights of military family life at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)*



# ‘Exam Time!’ Examine your life

**CHAPLAIN (CAPT.) JARED VINEYARD**  
225th Brigade Support Battalion  
2nd Infantry Brigade Combat Team  
25th Infantry Division

SCHOFIELD BARRACKS — Work, work, work.  
Hurry, scurry, labor and worry.  
Head to the field, PCS and over the horizon ETS.  
And so, it goes for the Army and their families. And yet, in all the movement, activity and the organized chaos, many of us realize that something may be missing.  
But what could it be? And do we even really have time to think about it? Or does the busyness tend to crowd everything else out?

**Warnings**  
Pastor Warren Wiersbe once warned, “Beware the barrenness of a busy life.” But what does this mean?  
Being active and busy is not always a bad thing. In fact, it is often a requirement for someone of responsibility, whether at work, home or elsewhere.  
But busyness can be bad when it becomes the normal tempo of life, crowding out things that would otherwise be important. Or to tweak a famous Johann Goethe saying, “when things which matter least undermine things which matter most,” you know something is wrong!

**Solutions**  
So what’s the solution? What is a busy person, with a busy family, who is a member of a busy organization to do? Take an exam.  
The topic of the test – you. Examine your life. Take a day to slow down and take a deep look. You think you don’t have the time to do it? I think all of us don’t have the time not to.  
The famous philosopher Socrates once said, “The unexamined life is not worth living.”  
So let’s take an exam, but where do you start? I always like to challenge people to think of broad categories and then work down, so start with these general categories: mental, physical, emotional and spiritual.

•**Mentally:** When it comes to the mental, ask yourself, am I taking time to set and accomplish goals? These



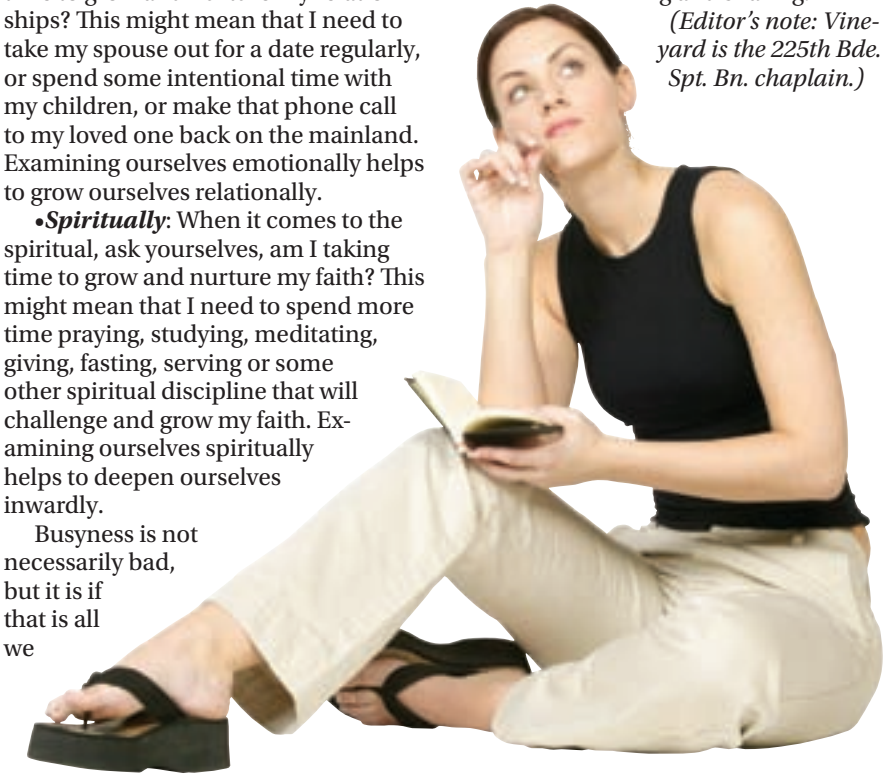
Vineyard

goals might include career, education, financial, etc. Come up with short-term (less than a year), mid-term (3-5 years) and long-term (big picture) goals.  
When you have a goal, it makes every day purposeful when you are trying to meet those goals. Examining ourselves mentally helps focus on our goals generally.  
•**Physically:** When it comes to the physical, ask yourselves, am I taking time to stay healthy and fit for the tasks I am called to do? This might entail making sure I am eating right, staying fit and getting enough sleep.  
Beyond the basics, it might mean attempting to challenge myself with some bigger goals, like a marathon, or taking advantage of living in paradise, like going on a hike to a waterfall. Examining ourselves physically helps to strengthen us thoroughly.

•**Emotionally:** When it comes to the emotional, ask yourselves, am I taking time to grow and nurture my relationships? This might mean that I need to take my spouse out for a date regularly, or spend some intentional time with my children, or make that phone call to my loved one back on the mainland. Examining ourselves emotionally helps to grow ourselves relationally.  
•**Spiritually:** When it comes to the spiritual, ask yourselves, am I taking time to grow and nurture my faith? This might mean that I need to spend more time praying, studying, meditating, giving, fasting, serving or some other spiritual discipline that will challenge and grow my faith. Examining ourselves spiritually helps to deepen ourselves inwardly.  
Busyness is not necessarily bad, but it is if that is all we



have.  
So, busy people, examine yourselves (mentally, physically, emotionally and spiritually) and have a life that is worth living and sharing.  
*(Editor's note: Vineyard is the 225th Bde. Spt. Bn. chaplain.)*



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.  
AMR: Aliamanu Military Reservation Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Last Wednesday, 6 p.m. at MPC

**Catholic Mass**  
•Monday-Wednesday, 11:45 a.m. at Soldiers’ Chapel  
•Thursday, 11:45 a.m. at AMR  
•Wednesday, 5 p.m. at MPC  
•Saturday, 5 p.m. at TAMC  
•Sunday services:  
-8:30 a.m. at AMR  
-10:30 a.m. at MPC  
-11 a.m. at TAMC

**Gospel Worship**  
•Sunday, noon at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic**  
•Friday, 12:30 p.m. at AMR  
(Call 477-7647)

**Jewish Shabbat (Sabbath)**  
•Friday, 7:30 p.m. at PH  
(Call 473-3971)

**Protestant Worship**  
•Sunday Services  
-9 a.m. at MPC (Contemporary)  
-9 a.m. at FD  
-9 a.m. at TAMC  
-10 a.m. at HMR (Contemporary)  
-10:30 a.m. at AMR (Contemporary)  
-11 a.m. at WAAF (Contemporary)



# Do you know everything you should about sugar?

**LT. COL. JULIE HUDSON**  
Tripler Army Medical Center

HONOLULU — Most of us have a sweet tooth. Yes, you probably already knew we like our sugars.

But did you know that on average, Americans consume 19.5 teaspoons of sugar per day? This is approximately 2-3 times the recommended amount!

The American Heart Association’s recommendation is no more than 6 teaspoons of added sugar per day for women and 9 teaspoons per day for men. This equates to about 25 grams of sugar for women and 38 grams for men per day. A teaspoon of sugar is equivalent to 4.2 grams of sugar.

When looking at a food label, simply divide the grams of sugar in the product by four to see how many teaspoons of sugar you are eating. For example, one 20 ounce bottle of soda contains approximately 69 grams of sugar (that is over 17 teaspoons). Choosing even one sugar sweetened soda per day puts you well over the recommend amount.

**Other sugar demons**

But, it’s not just sodas; it’s any sugar-sweetened beverage. That 16 ounce caramel macchiato has about 8 teaspoons of sugar, and most sports drinks contain 7 teaspoons of sugar per 20 ounces.

What’s the harm in a little extra sugar? Well, sugar calories are empty calories. They supply energy, but have no nutritional value.

There’s no fiber to help increase satiety and decrease appetite. Sugar doesn’t provide any protein to help build and repair muscles. It isn’t even a significant source of vitamins or minerals.

Additionally, excess sugar intake

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container About 8		
Amount Per Serving		
Calories 230	Calories from Fat 72	
% Daily Value*		
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		12%
Dietary Fiber 4g		16%
Sugars 1g		
Protein 3g		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		
	Calories:	2,000    2,500
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300g
Dietary Fiber		25g
		80g
		25g
		300mg
		2,400mg
		375g
		30g

The current Nutrition Facts Label lumps all sugars together, which can make it difficult to determine sugars that occur naturally in the product (like those from fruit) or from sugars that were added during processing. The new Nutrition Facts Label, debuting in July of 2018, will include grams of added sugar on the label, making it easier to spot those sugars that have been included by the manufacturer.

can lead to weight gain and increased risk for chronic diseases, such as heart disease or diabetes.

Yet, we find added sugars in a surprising array of grocery store options.

It seems that manufacturers add sugar to almost everything like ketchup, bread, pasta sauces, cereals, snack bars,

Nutrition Facts		
8 servings per container		
Serving size 2/3 cup (55g)		
Amount per serving		
Calories		<b>230</b>
% Daily Value*		
<b>Total Fat</b> 8g		<b>10%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 160mg		<b>7%</b>
<b>Total Carbohydrate</b> 37g		<b>13%</b>
Dietary Fiber 4g		<b>14%</b>
Total Sugars 12g		
Includes 10g Added Sugars		<b>20%</b>
<b>Protein</b> 3g		
Vitamin D 2mcg		10%
Calcium 260mg		20%
Iron 8mg		45%
Potassium 235mg		6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Courtesy graphic

barbecue sauce, salad dressing and even peanut butter.

Take the time to compare food labels, and you’ll find products you enjoy that contain less added sugars.

**Research**

The current Nutrition Facts Label

lumps all sugars together, which can make it difficult to determine sugars that occur naturally in the product (like those from fruit) or from sugars that were added during processing.

The new Nutrition Facts Label, debuting in July of 2018, will include grams of added sugar on the label, making it easier to spot those sugars that have been included by the manufacturer. Until then, when you compare products at the grocery store, review the ingredient list and look for products that don’t list sugar, maltose, brown sugar, high fructose corn syrup, cane sugar, honey or fruit juice concentrate as one of the first two or three ingredients.

Even organic sugar is still sugar. It’s not a health food.

**Consider options**

If you want to decrease the amount of added sugars in your diet, start by rethinking your drink choices. Simply substituting water or mineral water for sugar sweetened beverages will get most of us much closer to the American Heart Association’s recommendations.

Be sure to review labels and choose lower sugar options. Making the switch will save you empty calories and allow you to enjoy more whole foods in your day.

*(Editor’s note: Hudson is chief, Nutrition Care Division at TAMC.)*

**TAMC Nutrition**  
For more information on nutri-  
tion and improving your eating  
habits, contact the Tripler Army  
Medical Center Nutrition  
Clinic at (808) 433-4950.

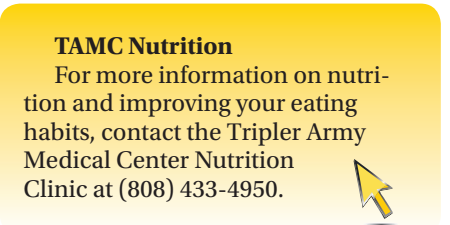





Photo by Kristen Wong, Oahu Publications

**SCHOFIELD BARRACKS — Drake Dargon, 8, meets a chick in the petting zoo during the 23rd Annual Fun Fest, Earth Day and Leisure Travel Service Travel Fair at Weyand Field, Saturday. Various programs, departments and vendors were featured at the event, which is hosted by the Directorate of Family and Morale, Welfare and Recreation. The Fun Fest celebrated Earth Day and Easter. For the full story, visit [www.hawaiiarmyweekly.com/2017/04/19/23rd-annual-fun-fest-celebrates-easter-environment/](http://www.hawaiiarmyweekly.com/2017/04/19/23rd-annual-fun-fest-celebrates-easter-environment/).**

**TAMC****TIP**

## Know the signs, symptoms of a stroke



A stroke occurs when blood supply to the brain is cut off or when a blood vessel bursts.

If you think that you or someone else is having a stroke, call 911 immediately.

All the major symptoms of stroke appear suddenly, and often there is more than one symptom at the same time. With timely treatment, the risk of death and disability from stroke can be lowered.

By knowing the signs and symptoms of stroke, you can be prepared to take quick action and perhaps save a life – maybe even your own.

Take a few minutes to learn the five major signs and symptoms of a stroke:

1-Sudden numbness or weakness of the face, arms or legs.

2-Sudden confusion or trouble speaking or understanding others.

3-Sudden trouble seeing in one or both eyes.

4-Sudden trouble walking, dizziness or loss of balance or coordination.

5-Sudden severe headache with no known cause.

If you think someone may be having a stroke, act F.A.S.T and do the following simple test:

**F-Face:** Ask the person to smile. Does one side of the face droop?

**A-Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S-Speech:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**T-Time:** If you observe any of these signs, call 9-1-1 immediately.